

[WAABSHKI-MIIGWAN PHASE 4 WORKBOOK]



Completion is near! This final phase is the succeeding level. It will focus on aftercare and sobriety maintenance. You will amend past relationships and develop your professional skills. Upon completion of this last manual and the 12th step you will be ready to carry a message of hope to others. You will have a positive impact in the people around you in recovery. You will walk away from this phase with a new beginning and start a new chapter in your life.

*I told him that I hoped one day
the Creator would make it known
to him that it would be time to
pass the feather on to another
who needs it more than he does.*

*-Rita Gasco-Shepard
Tribal Elder*

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Week 31 – Step Eight, Part One

“Made a list of all persons we had harmed, and became willing to make amends to them all”

Week-to-Week Workbook Assignments

- ☐ Watch **“Environmental Comfort Zones”** and **“Making Amends – Steps 8 & 9”** on **Wellbriety DVD#6** and answer questions on **“Red Road to Wellbriety”** section.
- ☐ Read pgs. 76-84 in the **AA Big Book**
- ☐ Read **stories on pgs. 246-261 in RRWB**
- ☐ Complete **“Reading Essays”** exercise.
- ☐ Complete **Weekly Counseling Journal**.
- ☐ Complete **Weekly Sit Spot Journal**.

Red Road to Wellbriety

Watch “Environmental Comfort Zones” and “Making Amends – Steps 8 & 9” on Wellbriety DVD#6 and answer the following questions.

1. Do you think you will benefit by making amends with those you have harmed? Why? Why not?
2. Are you nervous about making amends to those you have harmed?

Reading Essays

How did you relate to the following readings?

1. 76-84 in the AA Big Book
2. Stories on pgs. 246-261 in RRWB

Answer the following questions.

3. How have you failed to respect the property of others?
4. Have you been so harmed or condemned by others that I have avoided responsibility for yourself? By whom and how?
5. What excuses have you used for not looking at your behaviors?

What new insight did you gain from the following readings?

6. 76-84 in the AA Big Book

7. Stories on pgs. 246-261 in RRWB

Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

Week 32 – Step Eight, Part Two

“Made a list of all persons we had harmed, and became willing to make amends to them all”

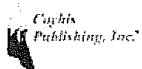
Week-to-Week Workbook Assignments

- ☐ **Make a list** of ALL the persons you have harmed.
- ☐ **Fill out an amends form** for each one.
- ☐ Complete **Weekly Counseling Journal**.
- ☐ Complete **Weekly Sit Spot Journal**.



STEP EIGHT

We made a list of people who were hurt by our drinking and want to make up for these hurts.



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STEP EIGHT
Facing the West
"FINDING YOUR RELATIONSHIP WITH OTHERS"
(Harms List)

We made a list of people who were hurt by our drinking and want to make up for these hurts.

Principle: Forgiveness

Readings:

Big Book: pps. 76 -84

RRWB: Stories, pps. 246-261

Use the list of names from your fourth step resentment inventory, column 5 (amends list) and the "Whom did we hurt" column from your step four sex inventory.

Write the amends you must make.
List the people to whom you must make amends.

My name is _____. I am recovering from _____. In order to recover from this progressive and fatal disease, I am working the Twelve Steps.

A very vital and necessary part of that program is that I clean up the wreckage and debris of my past actions. I am attempting to do this by making direct amends where I have harmed others. I feel that I harmed you when _____.

List of harms for which you owe that person:

_____ I realize an apology is insufficient in light of my actions and ask that you let me know how I might further make amends.



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My name is _____. I am recovering from _____. In order to recover from this progressive and fatal disease, I am working the Twelve Steps.

A very vital and necessary part of that program is that I clean up the wreckage and debris of my past actions. I am attempting to do this by making direct amends where I have harmed others. I feel that I harmed you when _____

List of harms for which you owe that person:

_____ I realize an apology is insufficient in light of my actions and ask that you let me know how I might further make amends.



My name is _____. I am recovering from _____. In order to recover from this progressive and fatal disease, I am working the Twelve Steps.

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List of harms for which you owe that person:

_____ I realize an apology is insufficient in light of my actions and ask that you let me know how I might further make amends.

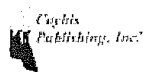


My name is _____. I am recovering from _____. In order to recover from this progressive and fatal disease, I am working the Twelve Steps.

A very vital and necessary part of that program is that I clean up the wreckage and debris of my past actions. I am attempting to do this by making direct amends where I have harmed others. I feel that I harmed you when _____

List of harms for which you owe that person:

_____ I realize an apology is insufficient in light of my actions and ask that you let me know how I might further make amends.



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Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

Week 33 – Step Nine, Part One

“Made direct amends to such people wherever possible, except when to do so would injure them or others”

Week-to-Week Workbook Assignments

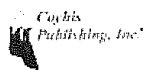
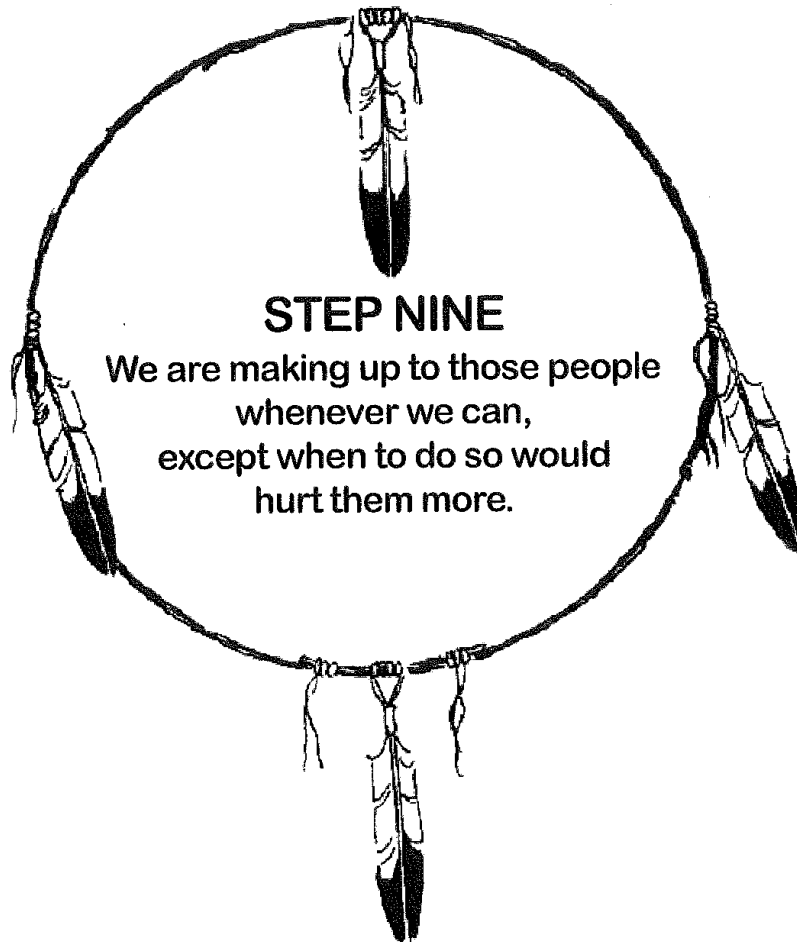
- ☐ Read pgs. 76-84 in the **AA Big Book**
- ☐ Complete the “**Reflecting on our Amends**” exercise.
- ☐ Watch “**Four Directions of Growth**” on Wellbriety DVD#3 and complete the “**Four Directions of Growth**” worksheet.
- ☐ Complete **Weekly Counseling Journal**.
- ☐ Complete **Weekly Sit Spot Journal**.

Reflecting on our Amends

Now that you have made the list of amends that you owe, look at the list and ask yourself which amends have caused you the most pain or fear. Usually there are a couple of amends on the list that might cause fear when you think about the prospect of doing them. You may think that just avoiding contact with these people would be best but this couldn't be farther from the truth. In order to be free from the bondage of your past you have to clear the wreckage.

In this exercise...

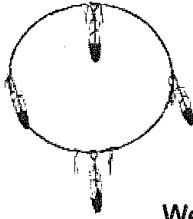
1. Pick two of your amends to make, make them, and write about your experience in your Weekly Journal.
2. Look at your list and rate your amends according to the fear and remorse that they cause. Rate your amends 1 through 10, ten being the amends that you are most hesitant to do.
3. If you are comfortable, share your experience at your WMDCP hearing.



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**STEP NINE****Facing the West*****"FINDING YOUR RELATIONSHIP WITH OTHERS"***
(Making Amends)

**We are making up to those people whenever we can,
except when to do so would hurt them more.**

Principle: Justice

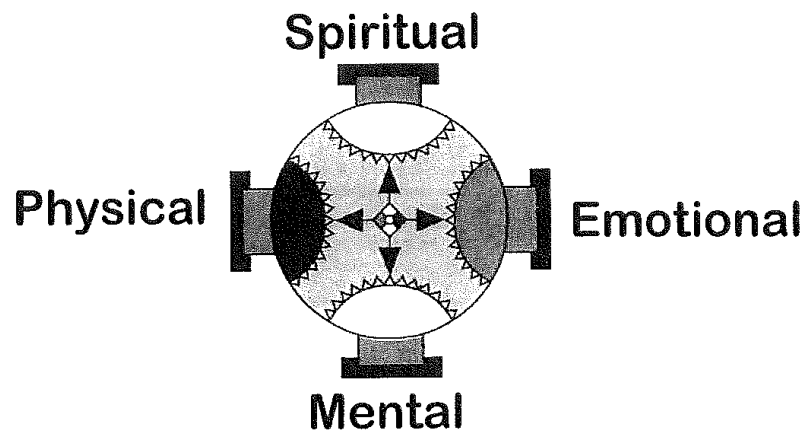
Readings:**Big Book: pps. 76 to 84****RRWB: Stories, pps. 262-267**

Before making any amends, go over the harm and the amend with another person. It is important that no further harm is done to anyone. If it is determined that it is appropriate for this situation, then it is time to make amends to the person you harmed.

Notes:



Teachings of the Medicine Wheel: Four Directions of Growth



Notes:

Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

Week 34 – Step Nine, Part Two

“Made direct amends to such people wherever possible, except when to do so would injure them or others”

Week-to-Week Workbook Assignments

- ☐ Read **pgs. 262-267 in RRWB.**
- ☐ Complete the **“Reflecting on our Amends”** exercise.
- ☐ Complete **Weekly Counseling Journal.**
- ☐ Complete **Weekly Sit Spot Journal.**

Reflecting on our Amends

By now you surely have a good understanding of how to make your amends. It's definitely not an easy task to clear the wreckage of our past. Hopefully after last week's exercise, you have had a chance to experience some of the benefits and healing that can result from our taking this crucial step. Now that you have rated your amends in terms of difficulty, choose the amends that you are most hesitant to make. If you have the means to make this situation right (i.e. if the amends involves money or possessions) take this difficult step and be free of the guilt that it has caused.

In this exercise...

4. Pick one of your amends that is the most difficult to make and follow through with it.
5. After you have the hard one out of the way, now choose one more amends to do this week.
6. If you are comfortable, share your experience at your WMDCP hearing.

Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

Week 35 – Step Nine, Part Three

“Made direct amends to such people wherever possible, except when to do so would injure them or others”

Week-to-Week Workbook Assignments

- ☐ Complete **Reflecting on our Amends**.
- ☐ With sponsor, formulate a **plan of action for the rest of your list of amends**.
- ☐ Complete **Weekly Counseling Journal**.
- ☐ Complete **Weekly Sit Spot Journal**.

Reflecting on our Amends

You have no doubt made great progress in your attempt to do what you can to make your past mistakes right. As you continue to grow in your sobriety and experience the joy of your recovery it is easy to sit back and enjoy the benefits. Don't forget about what got you where you are! Now is the time to lay down a plan of action that will guide you in completing your goal of making all your amends. This week sit down with your sponsor and lay out your plan to get them done. Don't forget that in the future things will come up in life in which we will owe amends but we will look at these situations in step 10. Also, ask your sponsor to answer any questions you may have on the topic of "amends making". Finally, to keep progressing, take more action and finish two more amends on the list.

In this exercise...

7. Meet with your sponsor and formulate an action plan to finish your list of amends.
8. Choose two more amends from you list to complete this week.
9. If you are comfortable, share your experience at your WMDCP hearing.

Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

Week 36 – Understanding Your Shape

Week-to-Week Workbook Assignments

- ☐ Complete **Career Aptitude test with WMDCP Coordinator.**
- ☐ Complete **Weekly Counseling Journal.**
- ☐ Complete **Weekly Sit Spot Journal.**

Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

Week 37 – Personal Makeover

Week-to-Week Workbook Assignments

- ☐ Complete **Personal Makeover Project with WMDCP Coordinator.**
- ☐ **Schedule an interview for your dream job.**
- ☐ Complete **Weekly Counseling Journal.**
- ☐ Complete **Weekly Sit Spot Journal.**

Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

Week 38 – Building Your Resume

Week-to-Week Workbook Assignments

- ☐ Complete **Resume Project with WMDCP Coordinator.**
- ☐ Complete **Weekly Counseling Journal.**
- ☐ Complete **Weekly Sit Spot Journal.**

Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

Week 39 – Interview for Your Dream Job

Week-to-Week Workbook Assignments

- ☐ **Interview for your Dream Job.**
- ☐ **Start working on your First Open Talk.**
- ☐ **Complete Weekly Counseling Journal.**
- ☐ **Complete Weekly Sit Spot Journal.**

Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

Week 40 – Step Ten

“Continued to take personal inventory and when we were wrong promptly admitted it.”

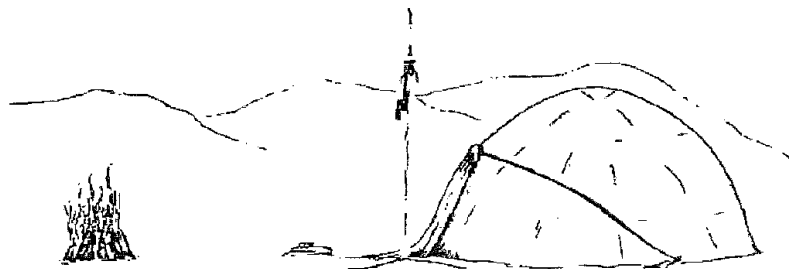
Week-to-Week Workbook Assignments

- ☐ Watch **“Steps 10 & 11, Step 12 (with song) and Message to the Younger Brother”** on Wellbriety DVD#6&7 and answer questions on **“Red Road to Wellbriety”** section.
- ☐ Read **pgs. 84-88 in the AA Big Book.**
- ☐ Read **Appendix 1: A1-A9 in RRWB.**
- ☐ Complete **“Reading Essays”** Exercise.
- ☐ Complete **Weekly Counseling Journal.**
- ☐ Complete **Weekly Sit Spot Journal.**



STEP TEN

We continue to think about our strengths and weaknesses
and when when we are wrong we say so.



Watch “Steps 10 & 11 and Step 12 (with song)” on Wellbriety DVD#6 and answer the following questions.

1. How do you know when you are emotionally “un-centered”?
2. How do you know when you are mentally “un-centered”?
3. How do you know when you are physically “un-centered”?
4. How do you know when you are spiritually “un-centered”?

Reading Essays

How did you relate to the following readings?

1. pgs. 85-88 in the AA Big Book
2. Appendix 1: A1-A9 in RRWB

Answer the following questions.

3. In order to restore trust in relationships, what particular weaknesses do you need to set boundaries around?
4. Is there a trusted person that you can clearly define your commitments? Who? What commitments are you willing to make to practice step 10 in your life?

What new insight did you gain from the following readings?

5. pgs. 85-88 in the AA Big Book
6. Appendix 1: A1-A9 in RRWB

Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

Week 41 – Step Eleven

“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out”

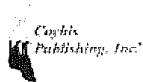
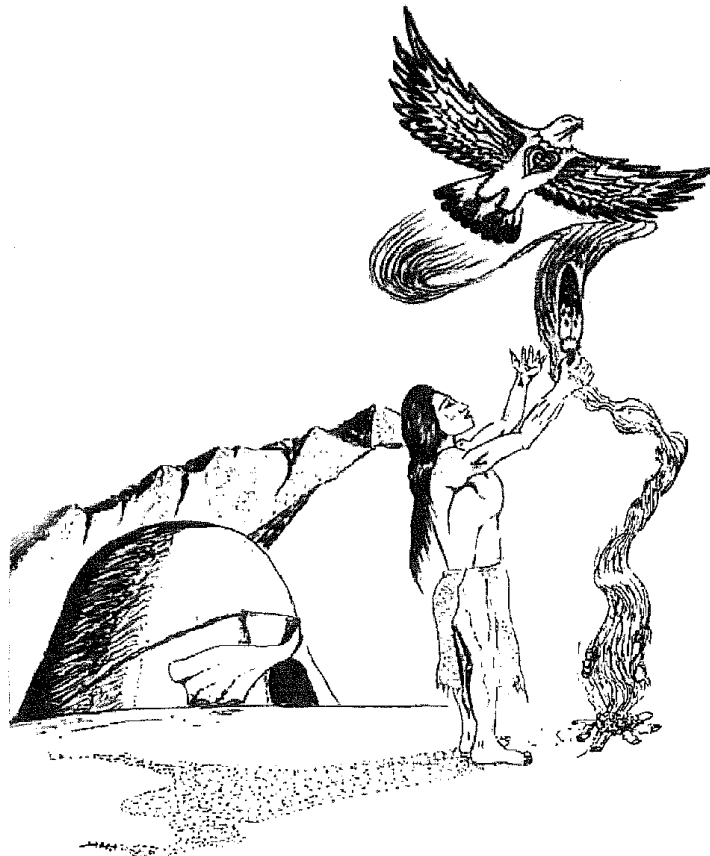
Week-to-Week Workbook Assignments

- ☐ Read **pgs. 84-88 in the AA Big Book.**
- ☐ Read **Appendix 2: A10-A12 in RRWB.**
- ☐ Complete **“Reading Essays” Exercise.**
- ☐ Complete **Weekly Counseling Journal.**
- ☐ Complete **Weekly Sit Spot Journal.**



STEP ELEVEN

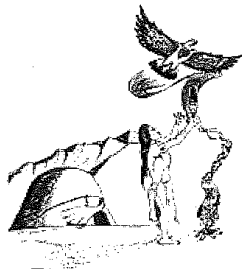
We pray and think about ourselves, praying only for strength to do what is right.



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STEP ELEVEN

Facing the North

"FINDING THE ELDERS' WISDOM"

(Prayer & Meditation)

We pray and think about ourselves,
praying only for the strength to do what is right.

Principle: Spiritual Awareness

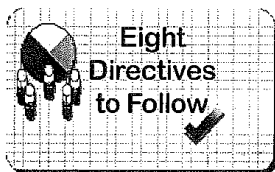
Reading

Big Book: pps. 84 to 88

RRWB: Appendix 2, pps. A10-A12

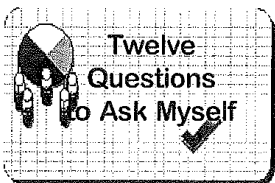
"Walking the Walk"

MORNING PRAYER & MEDITATION:



- Ask the Creator to direct my thinking today.
- Ask him to keep me from feeling self-pity.
- Ask him to keep me from being dishonest with myself.
- Ask him to keep me from having self-serving motives.
- Ask the Creator for inspiration when I am faced with indecision.
- Do not ask for anything for myself, unless others will be helped.
- Pray that I will be shown what the next step will be.
- During the day when I become doubtful I ask for the right thought or action.

EVENING PRAYER & MEDITATION



- Was I resentful?
- Was I selfish?
- Was I dishonest?
- Was I afraid?
- Do I need to discuss anything with anyone?
- Something that I have been holding inside?
- Was I kind to everyone?
- Was I loving to all?
- Could I have done anything better today?
- Was I thinking only of myself today?
- Was I thinking of what I could do for others today?
- Ask for the Creator's forgiveness.
- Ask what I can do to make amends.

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Reading Essays

How did you relate to the following readings?

1. pgs. 84-88 in the AA Big Book

2. Appendix 2: A10-A12 in RRWB

What new insight did you gain from the following readings?

3. pgs. 84-88 in the AA Big Book

4. Appendix 2: A10-A12 in RRWB

Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

Week 42 – Aftercare, Part One

Week-to-Week Workbook Assignments

- ☐ Watch “**Our Culture is Prevention**” on last **Wellbriety** DVD
- ☐ Complete Section 1 of **Aftercare Plan WMDCP Coordinator and counselor.**
- ☐ Complete **Weekly Counseling Journal.**
- ☐ Complete **Weekly Sit Spot Journal.**

Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

Week 43 – Aftercare, Part Two

Week-to-Week Workbook Assignments

- ☐ Complete Section 2 of **Aftercare Plan WMDCP Coordinator and counselor.**
- ☐ **Present complete Aftercare Plan** at WMDCP hearing.
- ☐ Complete **Weekly Counseling Journal.**
- ☐ Complete **Weekly Sit Spot Journal.**

Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

Week 44 – Your Last Week and Your First Lead

Week-to-Week Workbook Assignments

- ☐ Present your first lead at your WMDCP Graduation Ceremony

Conclusion of Phase Four

Congratulations on your completion of the WMDCP! You have no doubt earned your recognition.

Please take time to meet with the WMDCP Coordinator and go over the following objectives. Discuss your progress in each of the areas.

In Phase Four the client will:

- ☐ Begin to examine their past and identify situations when they hurt others around them.
- ☐ Find ways to reconcile past situations in which they harmed others;
- ☐ Complete an in-depth study on Step Eight, Nine, Ten, Eleven, and Twelve of the AA and Wellbriety programs;
- ☐ Receive a personal business makeover;
- ☐ Learn how to conduct themselves during job interviews;
- ☐ Build a resume;
- ☐ Have a deep consciousness of a higher power;
- ☐ Be comfortable admitting when they are wrong;
- ☐ Remain abstinent from drugs and alcohol.
- ☐ Carry a message of hope to the LTBB community